



National Nutrient Database for Standard Reference
Release 28 slightly revised May, 2016

Full Report (All Nutrients) 19025, Candies, honey-combed, with peanut butter

Report Date: June 26, 2017 16:03 EDT

Nutrient values and weights are for edible portion.

Food Group : Sweets

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error
Proximates				
Water	g	2.54	--	--
Energy	kcal	486	--	--
Energy	kJ	2034	--	--
Protein	g	8.72	--	--
Total lipid (fat)	g	20.18	--	--
Ash	g	1.16	--	--
Carbohydrate, by difference	g	67.41	--	--
Fiber, total dietary	g	1.9	--	--
Sugars, total	g	62.68	--	--
Starch	g	1.40	--	--
Minerals				
Calcium, Ca	mg	21	--	--
Iron, Fe	mg	0.71	--	--
Magnesium, Mg	mg	66	--	--
Phosphorus, P	mg	132	--	--
Potassium, K	mg	220	--	--
Sodium, Na	mg	174	--	--
Zinc, Zn	mg	1.03	--	--
Copper, Cu	mg	0.169	--	--
Manganese, Mn	mg	0.656	--	--
Selenium, Se	µg	2.0	--	--
Fluoride, F	µg	0.0	--	--
Vitamins				

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error
Vitamin C, total ascorbic acid	mg	0.0	--	--
Thiamin	mg	0.064	--	--
Riboflavin	mg	0.085	--	--
Niacin	mg	5.147	--	--
Pantothenic acid	mg	0.446	--	--
Vitamin B-6	mg	0.173	--	--
Folate, total	µg	34	--	--
Folic acid	µg	0	--	--
Folate, food	µg	34	--	--
Folate, DFE	µg	34	--	--
Choline, total	mg	24.7	--	--
Betaine	mg	0.3	--	--
Vitamin B-12	µg	0.00	--	--
Vitamin B-12, added	µg	0.00	--	--
Vitamin A, RAE	µg	0	--	--
Retinol	µg	0	--	--
Carotene, beta	µg	0	--	--
Carotene, alpha	µg	0	--	--
Cryptoxanthin, beta	µg	0	--	--
Vitamin A, IU	IU	0	--	--
Lycopene	µg	0	--	--
Lutein + zeaxanthin	µg	0	--	--
Vitamin E (alpha-tocopherol)	mg	3.57	--	--
Vitamin E, added	mg	0.00	--	--
Tocopherol, beta	mg	0.20	--	--
Tocopherol, gamma	mg	2.99	--	--
Tocopherol, delta	mg	0.29	--	--
Vitamin D (D2 + D3)	µg	0.0	--	--
Vitamin D	IU	0	--	--
Vitamin K (phylloquinone)	µg	0.1	--	--
Lipids				
Fatty acids, total saturated	g	5.735	--	--
4:0	g	0.000	--	--

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error
6:0	g	0.000	--	--
8:0	g	0.000	--	--
10:0	g	0.000	--	--
12:0	g	0.000	--	--
14:0	g	0.011	--	--
15:0	g	0.003	--	--
16:0	g	2.679	--	--
17:0	g	0.026	--	--
18:0	g	1.233	--	--
20:0	g	0.406	--	--
22:0	g	0.962	--	--
24:0	g	0.413	--	--
Fatty acids, total monounsaturated	g	8.496	--	--
14:1	g	0.000	--	--
15:1	g	0.000	--	--
16:1 undifferentiated	g	0.010	--	--
17:1	g	0.010	--	--
18:1 undifferentiated	g	8.268	--	--
20:1	g	0.193	--	--
22:1 undifferentiated	g	0.015	--	--
24:1 c	g	0.000	--	--
Fatty acids, total polyunsaturated	g	4.794	--	--
18:2 undifferentiated	g	4.769	--	--
18:3 undifferentiated	g	0.011	--	--
18:4	g	0.000	--	--
20:2 n-6 c,c	g	0.003	--	--
20:3 undifferentiated	g	0.004	--	--
20:4 undifferentiated	g	0.007	--	--
20:5 n-3 (EPA)	g	0.000	--	--
22:4	g	0.000	--	--
22:5 n-3 (DPA)	g	0.000	--	--
22:6 n-3 (DHA)	g	0.000	--	--
Fatty acids, total trans	g	0.029	--	--

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error
Cholesterol	mg	0	--	--
Amino Acids				
Tryptophan	g	0.091	--	--
Threonine	g	0.206	--	--
Isoleucine	g	0.242	--	--
Leucine	g	0.607	--	--
Lysine	g	0.267	--	--
Methionine	g	0.104	--	--
Cystine	g	0.090	--	--
Phenylalanine	g	0.472	--	--
Tyrosine	g	0.325	--	--
Valine	g	0.307	--	--
Arginine	g	1.087	--	--
Histidine	g	0.219	--	--
Alanine	g	0.359	--	--
Aspartic acid	g	1.199	--	--
Glutamic acid	g	1.999	--	--
Glycine	g	0.564	--	--
Proline	g	0.553	--	--
Serine	g	0.581	--	--
Other				
Alcohol, ethyl	g	0.0	--	--
Caffeine	mg	0	--	--
Theobromine	mg	0	--	--